BELLA, Como La NOCHE ..

Ebene: Improver

Choreograf/in: Val Saari (CAN) - January 2019 Musik: Au Au Au - Álvaro Soler

WALK FORWARD (RL), SIDE MAMBOS (RL), TOE-TAPS (RR), KICK RF

1-2 Walk forward, RF, LF

Count: 32

- 3&4 RF Rock side right, LF recover, Step RF beside Left
- LF Rock side left, RF recover, Step LF beside Right 5&6
- 7&8 Tap RF toes forward twice, Kick RF forward across L (hold)

RF CROSS MAMBO, CHA CHA CHA 1/4 PIVOT R, LINDY LEFT

- RF Cross over L, LF Recover weight 1-2
- 3&4 RF step 1/4 pivot Right, Step LF beside R, Step RF in place
- 5&6 Shuffle left, LRL
- Rock back on RF, Recover on LF 7-8

TOE/HEEL FORWARD X 4

- 1-4 Step RF forward on toes (bump hips R), Step down on heel/ Step LF forward on toes in front of RF (bump hips L), Step down on heel
- Step RF forward on toes in front of LF on toes (bump hips R), Step down on heel/ Step LF 5-8 forward on toes in front of RF (bump hips L), Step down on heel

RF ROCK/RECOVER, SHUFFLE RLR PIVOT 1/2 R, LF ROCK/RECOVER, SHUFFLE LRL PIVOT 1/2 L,

- 1-2 Rock RF forward, recover LF
- 3&4 Shuffle back RLR Pivot 1/2 R
- 5-6 Rock LF forward, recover RF
- 7&8 Shuffle back LRL Pivot 1/2 L

REPEAT - No Tags, No Restarts

Email: valeriesaari@icloud.com - Phone: 1-905-246-5027





Wand: 4